

A day at the beach

Introduce the activity with an object to represent the story that is going to happen e.g. show people the beach bag

- During Covid-19 restrictions develop individual packs for people to explore

Remember the time we went to the beach. Believe it or not, it was a gorgeous hot sunny day in Melbourne. We all decided to go to the beach at Altona. Everybody wanted to come along. Susan said she'd drive.

So we packed up all of our beach things hopped into the bus and drove down the Princes freeway. Susan put on a CD and we sang along

Everyone sing along to the song

It was a long hot trip; Susan stopped at Footscray and bought us all ice cream

Taste ice cream

We finally got there so here we are at the beach. We walked on the sand and collected some shells. The sky was blue, the sun was hot and everyone was feeling good.

***Bring out tub of sand and assist people to put feet or hands in the sand
Feel the shells
Look at pictures of the beach
Turn on the "sun" (lamp shining onto tinfoil).***

Oh no, we've forgotten the beach bag, guess who has to run back to the bus and get the bag.

***Take out beach bag and help people to explore items in the beach bag e.g.
Beach towel (look/feel)
Swimming costume (look/feel)
Sun block (massage a small amount into people's hands to feel/smell)
Insect repellent (smell)
Put sunglasses and hat on (look/feel)
Use mirror to look at reflection wearing sunglasses and hat***

It started to get a bit dark but we still went to explore the rock pools, looking at the bubbles and listening to the sound of the ocean.

***Feel pebbles
Use water spray to gently spray water onto people's hands/feet (only if people like this)
Put salt in the water to give the beach experience
Give each person a small pot of salty water with a cotton bud so they can taste the salt on their lips
Put water in a balloon and give to people to squish
If people like touch, pat the partly inflated balloon with water on their limbs
Listen to ocean sounds***

We were having so much fun that we lost track of time. Suddenly we noticed that everyone had gone home and that a cold wind was blowing. We decided to stay a little while longer and make a fire. To cheer ourselves up, we huddled under a blanket and ate some chocolate.

Turn on a fan, make a fan out of paper

Put blanket over people's shoulders and feel the fabrics

Rip up strips of yellow, orange and red paper and put on the floor to represent a fire

Taste chocolate

After a while we put out the fire, put everything back in our beach bag and got back on the bus. Susan drove us back to Maidstone and we sang our song on the way. It was a fabulous day and we all agreed we'd have to go again.

Listen to the song

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